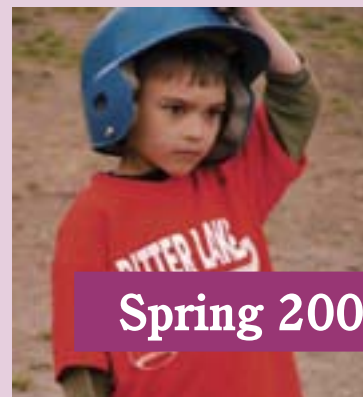




# Bitter Lake

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## COMMUNITY CENTER



Spring 2006

Register Online



Visit us at <http://seattle.gov/parks/>

Bitter Lake Community Center  
13035 Linden Ave N  
Seattle, WA 98133-7560

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## Bitter Lake Community Center

13035 Linden Avenue North

Seattle, WA 98133

Phone: 206-684-7524 Fax 206-684-0858

Visit us online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

### Hours of operation

Monday & Tuesday 1 to 9 p.m.

Wednesday – Friday 11 a.m. to 9 p.m.

Saturday 10 a.m. to 5 p.m.

Sunday Closed

### Program Registration

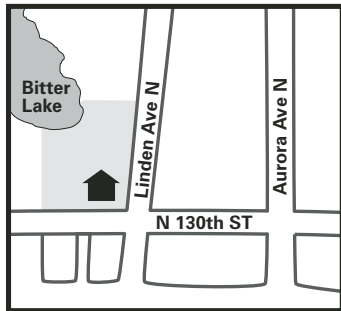
Registration begins March 13, 2006

### Program Dates

April 10 through June 16

### Holiday Closures

Monday, May 29, Memorial Day



### Directions

Bitter Lake Community Center is located on Linden Avenue N and N 130th Street

#### Heading North on I-5:

- Take the 130th Street exit (#174).
- Go straight through the stop sign.
- Turn left onto 130th Street
- Follow 130th St about 1 mile, past Aurora Ave N to Linden Ave N and turn right.
- You will see the community center on your left. Park on the street or in the lot to the north of the center.

#### Heading South on I-5:

- Take the 145th Street exit (#175)
- Turn right onto 145th Street at the stoplight.
- Follow 145th about 1 mile, past Aurora Ave N, and turn left onto Linden Ave N.
- The community center will be on your right at the corner of Linden Ave N and 130th Street N. Park in the lot to the north of the center or on the street.

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

### Management Staff

Ken Bounds, Superintendent

Christopher Williams, Recreation Director

Maureen O'Neill, Manager

Tom Ostrom, Senior Coordinator

### Center Staff

Barbara Wade, Center Coordinator

Faizah Osayande, Asst. Center Coordinator

Debi Belt, Maintenance Laborer

Kyle Griggs, Teen Development Leader, OCC

Mputela Scott, Recreation Attendant

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

# Special Events

## Spring Egg Hunt

It's time again for our annual egg hunt at Bitter Lake Community Center! This fun youth event is for children ages 2-10. There will be separate hunting areas for different age groups. Everyone should meet at the Bitter Lake Annex (Gym at Broadview Thomson Elementary School) and the hunt will begin at 10am. Please bring a basket to gather your candy and eggs and a can of food for the local food bank!

**Age: 2 to 10**

**Sat, Apr 15 10 a.m.**

**Fees: Free!**

**Location: Bitter Lake Annex**

## Teen Flashlight Egg Hunt

This fun event will get you in the mood for Spring! Dress warmly and bring a flashlight and a goody bag. Hunt for tons of candy and cool prizes. Meet at the new center at 7:15pm. Don't be late - the hunt begins sharply at 7:30pm!

**Age: 11 to 16**

**Fri, Apr 14 7:30 p.m.**

**Fees: Free with a can of food for the food bank**

## Toddler Spring Fling

Join us for our regular Toddler Open Gym, only super-sized! We will have the giant jump toy, games and prizes, crafts, popcorn, candy and more!

**Wed, Apr 12**

**11 a.m. – 12:30 p.m.**

**Fees: \$2**



## Disaster Education Workshop

Disasters can range from a single-family house fire to a major earthquake, flood or tsunami. Are you prepared? Come to this free workshop put on by the American Red Cross and find out what you can do to get your family ready.

**Sat, March 11**

**10 a.m. – Noon**

**Fees: Free!**

## Twelfth Night presented by the Seattle Public Theatre Youth Ensemble

A shipwreck, a swordfight, several songs and a dance or two. Join us for this special free production of William Shakespeare's 'Twelfth Night' performed by young actors ages 12-18 from the Seattle Public Theatre Youth Ensemble. All ages welcome!

**Jun 3**

**3 – 4:30 p.m.**

**Fees: Free!**

## Friday Flics!

Join us on some fun and festive Fridays to view movies on the big screen. We'll have movie trivia and prizes for costumes inspired by the evenings movie selection. We'll be sprawling out in the Bitter Lake Halls, so bring comfy cushions and some friends and family and join us for some fun and laughs.

**Fees: \$2 per person (includes snack!)**

### *Babe*

**Fri, Apr 7**

**6:30 – 9 p.m.**

### *Raiders of the Lost Ark (1981)*

**Fri, Apr 21**

**6:30 – 9 p.m.**

### *Pinocchio*

**Fri, May 5**

**6:30 – 9 p.m.**



## Special Events

### Our Community: Past, Present & Future!

Join us as we learn about our neighborhood's rich history, get involved in taking care of it today, and learn what each of us can do in our own backyards to protect it for the future!

#### The Historical Environment of Broadview

Ever wonder how the Broadview neighborhood became the way it is today? How did things done in the past effect the landscape we see today? Get an overview of the history of our community from an environmental perspective. This program is in partnership with the Shoreline Historical Museum.

May 16

6:30 – 8 p.m.

Fees: Free!



#### Bitter Lake Park & Shoreline Workparties

Lend a hand to help take care of the newly improved South shoreline of Bitter Lake. We will pull weeds, water

new native plants, mulch and whatever else the park and shoreline need! Meet at the Fieldhouse. Coffee and doughnuts provided.

Earthday Apr 22

9:30 a.m. – Noon

May 27

9:30 a.m. – Noon

Jun 24

9:30 a.m. – Noon

Fees: Free!

#### Neighborhood Clean-Up Events

Let's take pride in the neighborhood where we live and work! We will pick up litter and clean up our community. Meet at the Bitter Lake Field House. This event is in partnership with GAIN (Greenwood Aurora Involved Neighbors).

Apr 1

10 a.m. – 12:30 p.m.

May 6

10 a.m. – 12:30 p.m.

Jun 3

10 a.m. – 12:30 p.m.

Fees: Free!

#### In Your Own Backyard - Red Worm Composting

Learn what you can do in your own backyard that will help our local environment into the future. You will learn how to make a red worm composting bin in your own backyard. Free red worm give-away to every family who attends. This program is in partnership with Carkeek Park!

Apr 19

6:30 – 8:30 p.m.

Fees: Free!

#### In Your Own Backyard - Life at Bitter Lake

Who's living in and around Bitter Lake? Learn what kind of creatures are living right along side us and what good they do for the lake and surrounding environment. Create an origami frog to take home. This program is in partnership with Carkeek Park!

May 17

6:30 – 8:30 p.m.

Fees: Free!

#### In Your Own Backyard - Get a Little Green in Your Life!

How do plants grow? What do they do for us? We will explore parts of flowers, seeds and pollination through games and experiments. All families who attend will take home a small tree to take home and plant! This program is in partnership with Carkeek Park!

Jun 21

6:30 – 8:30 p.m.

Fees: Free!



## Special Events



### Friday Family Skate Night!

Bring your family for a night of skating fun! Games, prizes, music, plus a whole lot of fun! Bring your own skates/blades or use a pair of ours. The snack bar will be open and sells candy, chips, juice, and more. Our party room is also available to rent for your own special events — please call 206-684-7524!

**Fridays 6:30 – 8:15 p.m.**

**Fees: \$3 per person**

**Location: The Annex**

## Volunteer Opportunities



**Leon Hall**

### Volunteer Spotlight

If you come to a special event or teen activity at Bitter Lake CC, you will most likely run into Leon Hall. Leon is 15 years old and a Freshman at Roosevelt High School. He is also president of Bitter Lake's Teen Advisory Council. Leon is best known for his positive attitude, energetic personality and his commitment to building strong teen programs at Bitter Lake Community Center. Thank You, Leon!

### SPRING VOLUNTEER OPPORTUNITIES

Bitter Lake Advisory Council

Bitter Lake Teen Advisory Council

Earth Day Neighborhood Clean Up

T-ball/Softball Coach

Teen Program Instructors

Spring Egg Hunt

Teen Flashlight Egg Hunt

Contact us at 684-7524 or faizah.

osayande@seattle.gov for more information!

### Parents' Night Out

It's your turn to take time off for yourself and go out for a night. Bring your child to the center for a fun night of activities and you can go out for dinner, a movie, or both!! Please pre-register by the Wednesday before the date. (Minimum of 8)

**Instructor: Becca Moore**

**Location: Family Center**

**#6174 Fri, Apr 14 6 – 9 p.m.**

**#6175 Fri, May 12 6 – 9 p.m.**

**#6179 Fri, Jun 9 6 – 9 p.m.**

**Activity Fee: \$15.00 per child per night**

### The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



**Pro Parks Levy**

## Toddlers



### Discovery Corner Preschool

Join the fun, make new friends and get ready for kindergarten too! Your child will learn the alphabet and numbers in a creative, loving & positive environment. Activities include arts and crafts, science, music and gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills.

**Instructor: Rebecca Moore**

**Age: 3 to 5**

**Fees: \$165 /month**

**Location: Childcare Room**

### Discovery Corner AM

**MWF 9:30 a.m. – 12:30 p.m.**

### Discovery Corner PM

**MWF 1 – 4 p.m.**

### Discovery Corner JR Preschool

This class is the perfect early learning and socialization class for your toddler. Arts and crafts, stories, gym play, sharing, and more in a positive, creative, nurturing environment. A small snack is provided. Instructor is not required to change diapers. Space is limited!

**Age: 2 1/2 to 3 1/2**

**Tue/Thu 9:30 a.m. – Noon**

**Fees: \$110 /month**

### Discovery Corner Summer Camp 2006

Preschoolers will have a blast at Discovery Corner Summer Camp! Each week is filled with fun crafts, games, books and activities relating to that week's theme. Sign up for one week - or all nine! It's a wonderful way for preschoolers to have fun while learning and socializing too! Your awesome summer camp staff members are Rebecca Moore, Georgia Goldberg and Devon Little!

Camp meets Monday-Friday from 9:30 a.m. – 1:30 p.m. Cost per week is \$100. (Week 2 is \$80 with July 4 off.) At the time of registration, payment for your first week is due in full and a \$25 deposit is due for other weeks. Don't wait — this popular camp will fill up fast! Registration begins April 4.

Week 1: 6/26-6/30	Dinosaur Camp
Week 2: 7/3-7/7 (No camp 7/4)	Bug Camp I
Week 3: 7/10-7/14	Tool Time
Week 4: 7/17-7/21	Ocean Antics
Week 5: 7/24-28	Wild Things
Week 6: 7/31-8/4	Little Picassos
Week 7: 8/7-8/11	Weird Science
Week 8: 8/14-8/18	What's Cooking
Week 9: 8/21-8/25	Bug Camp II

### Crafty Thursdays

Come and join the Bitter Lake Crafty Kid Club. Kids will learn how to make crafts such as ginger bread houses, corkboard frames, sand art sculptures, and many more fun activities.

**Instructor: Rebecca Moore**

**Age: 2 to 7**

**#6129 Thu 3:30 – 4:30 p.m. Apr 13 – May 11**

**Fees: \$35**

**Location: Art Room**

## Toddlers

### Just Starting Sports

This class for ages 3-6 will introduce your child to the basics of sports. In this intro to sports class, the participants will get comfortable with their body movement and handling of sports equipment at the same time. Skill building and enjoyment are the emphasis of this class for first timers.

**Age: 3 to 6**

**Fees: \$30/session**

#### Session I

#6911 Tue 1:15 – 2 p.m. Apr 11 – May 9

#### Session II

#6132 Tue 1:15 – 2 p.m. May 16 – Jun 13



### Brain Play

Activities, play, and discussions on different areas of development. Discover what activities and toys best support your child's brain in making essential connections. This program is free; however, donations for materials are appreciated. This great program is offered in partnership with the North Seattle Family Center.

**Age: Parents & children birth to 3 years**

**Wednesdays 10 a.m. – Noon**

**Fees: Donations Appreciated**

### Toddler Open Gym

There are tons of toys and equipment to play with that are safe and lots of fun! Bring your children to play and make friends! Please pay the entrance fee at the front counter.

**Fees: \$1**

**Mondays 1 – 2:30 p.m.**

**Wednesdays 11 a.m. – 12:30 p.m.**

**Fridays 11 a.m. – 12:30 p.m.**

**Saturdays 10 a.m. – Noon**

### Kindergarten Readiness

This class will focus on recognition of numbers and letters, reading left to right and top to bottom, classifying shapes, colors, opposites, and more.

**Instructor: Rebecca Moore**

**Ages: 4–5**

**Fees: \$60.00**

**Thursdays 1:15 – 2 p.m.**

**April 13 – June 15**



## Kids

### BIG BLAST - School Year Childcare Program

This DSHS-licensed child care serves youth in Kindergarten through fifth grade. A variety of activities is available to satisfy various interests and age groups. The activities include art and cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are monthly. Call 206-684-7524 to ask about openings.

**Explanation of Fees** – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

**Instructor: Marjean McCraw**

**Age: Kindergarten to 5th Grade**

#### Before School

<b>Mon–Fri</b>	<b>7 – 9 a.m.</b>
5 days/wk	\$150
4 days/wk	\$145
3 days/wk	\$110
2 days/wk	\$75
1 days/wk	\$40

#### After School

<b>Mon–Fri</b>	<b>3:10 – 6 p.m.</b>
5 days/wk	\$230
4 days/wk	\$220
3 days/wk	\$165
2 days/wk	\$110
1 days/wk	\$ 55

### K – 5th Grade Summer Day Camps

These popular camps go from 7:00am-6:00pm, Monday-Friday. Cost is \$135 per week (\$108 for week 2). At the time of registration, payment for your first week is due in full and a \$25 deposit is due for other weeks. We are also a DSHS licensed childcare site. You must have your approval paperwork for DSHS and other scholarships at the time of registration. Registration begins April 4.

Your awesome Day Camp Director is Marjean McCraw.

Week 1: 6/26-6/30

Week 2: 7/3-7/7 (No camp 7/4)

Week 3: 7/10-7/14

Week 4: 7/17-7/21

Week 5: 7/24-28

Week 6: 7/31-8/4

Week 7: 8/7-8/11

Week 8: 8/14-8/18

Week 9: 8/21-8/25



### Piano Lessons

Private lessons in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

**Instructor: Sean Barker, Kevin Johnson or Maria Khavin**

**Fees: \$120 per session**

#### Session I

Mon – Fri

Apr 17 – May 26

#### Session II

Mon – Fri

Jun 5 – Jun 30





## Roller Skating Lessons

Beginning and intermediate roller skaters and bladers, this is your chance to learn how to skate, or to improve your skills. After your lesson, you can practice your new skills during family skate night every Friday night!

**Instructor:** Donna Ely

**Fees:** \$30 per session

**Location:** Annex

### Session 1

#6034 Fri 5:15 – 6:15 p.m. Apr 14 – May 5

### Session 2

#6036 Fri 5:15 – 6:15 p.m. May 12 – Jun 2

## Jump Start Your Creativity

If you are parents, do you see that your children like to write and show that they have talents? This writing class will let their creativity sing. If you are teenagers, have you itched for writing a story either fictional or based on your true personal experience? Come to this class and write that story.

**Instructor:** Nu Quang

#6145 Sat 10 a.m. – Noon Apr 15 – Jun 3

**Fees:** \$70

## Beginning Drama/Acting

Learn acting skills, such as stage presence, poise, impromptu, in this class that is sure to make a star out of everyone. If you like being in front of other people and showing your stuff, this class is perfect.

**Ages 7 – 12**

**Instructor:** Narda Elaine Curlee

#6199 Mon 4:30 – 5:30 p.m. Apr 10 – Jun 12

**Fees:** \$75

## Advanced Gymnastics

Have you taken gymnastics before? Love it and want to get better? You must have experience for this advanced gymnastics class.

**Age: 7 to 12**

#6061 Thu 4:30 – 5:45 p.m. Apr 13 – Jun 15

**Fees:** \$75

## Dance/ Gymnastics

Does your child like variety? This is the perfect class-it offers a bit of everything! Join other kids as they get a taste of tap dance, ballet and tumbling.

**Age: 4 to 6**

#6059 Tue 4:10 – 5 p.m. Apr 11 – Jun 13

**Fees:** \$75

**Age: 7 to 10**

#6060 Tue 5:10 – 6 p.m. Apr 11 – Jun 13

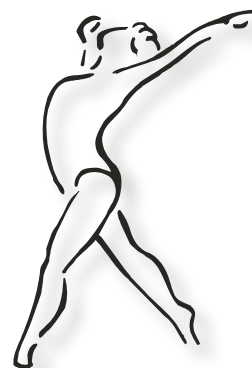
**Fees:** \$75

## Ballet Lyrical/Jazz

Strong technique and Lyrical movements. Routines will be learned and performance opportunities will be offered. Dance attire required.

#6056 Mon 6 – 6:45 p.m. Apr 10 – Jun 12

**Fees:** \$65



## Kids



### Open Gym for Kids & Parents

This is gym time just for parents and kids so you can shoot some hoops together.

**Fees: Free!**

**Wednesdays 5 – 6:55 p.m.**

**Fridays 5 – 6:55 p.m.**

**Saturdays 10 a.m. – Noon**

### Spring Sports

Practice days and times are determined by the availability of volunteer coaches for each sport. T-Ball, Coach Pitch, and Girls Softball games are on Saturday mornings and afternoons. Track practices and meets will be weekday evenings. We are looking for volunteer coaches to help in our youth sports programs. If you are interested please call 206-684-7524 for more information.

#### T-Ball

This introduction to sports focuses on skill development and a fun experience. Teams play against other Bitter Lake teams. All practices and games will be held at Bitter Lake fields.

**Age: 5 to 7**

**Fees: \$35**

### Coach Pitch Softball

Join this fun program geared towards skill building and teamwork. Teams play other Bitter Lake teams.

**Age: 8 to 9**

**Fees: \$35**

### Girls Softball

Age groups are 10-11, 12-13, and 14-17. Teams play other community center teams. Player need a copy of birth certificate at time of registration

**Age: 10 to 17**

**Fees: \$35**

### Track and Field

Develop and improve your running, jumping, endurance, and track skills. Compete against other community centers. Meets are at Nathan Hale and West Seattle Stadium.

**Age: 5 to 17**

**Fees: \$35**

### Come Fish With Us!

Have you ever yelled “**I got one!!!**”? Fishing is great fun, and it’s a sport the whole family can enjoy. Seattle Parks and the Washington Department of Fish and Wildlife bring you the second “Fishing Kids” event at Green Lake on Saturday, April 22 from 9 a.m. to 2 p.m. at Green Lake Park.

Bring your kids and we’ll teach them to fish—we want to introduce more kids to fishing, a lifetime sport you can especially enjoy in Seattle with our abundant water. You’ll learn lots about fishing, including water safety, different kinds of fish, how to cast, and what to do with a fish when you catch it.

Every child who participates will receive a T-shirt and a rod and reel to take home, and you’ll even bring home a trout!

To sign up any child from age 5 to 14, just ask for a form at any Parks and Recreation facility, and mail it to the address on it with \$5 for each child participating. We hope to see you on April 22!

## Teens

### Teen Summer Camp

This summer camp experience is just for teens, from 6th to 8th grade! Enjoy regular field trips to the beach, the mall, Pike Place Market and more! Meet new friends and have a summer filled with swimming, games, crafts, community service projects and more!

Payment for the first week of camp is due in full at the time of registration. A \$25 deposit is due for all other weeks. Registration begins April 4.

Week 1: 6/26-6/30

Week 2: 7/3-7/7 (No camp 7/4)

Week 3: 7/10-7/14

Week 4: 7/17-7/21

Week 5: 7/24-28

Week 6: 7/31-8/4

Week 7: 8/7-8/11

Week 8: 8/14-8/18

Week 9: 8/21-8/25

### Teen Advisory Council

The Bitter Lake Teen Advisory Council (TAC) is the hotline to all your service hour needs. Whether you need community service hours or an advisor and location for your senior project, the Bitter Lake TAC is the place for you. TAC members learn to organize, promote, and put on all types of events as well as learn techniques on public speaking, resume writing, personal economics, communication skills, teamwork, and influencing others.

**Age: 12 to 18**

**Wednesdays 5 – 7 p.m. Apr 10 – Jun 14**

**Fees: Free**



### Late Night for Teens!

Oh Yeah! The freedom to hang with your friends, rollerskate, swim, shoot some hoop or watch a movie. It's your weekend, let's start it off right. In North Seattle, Late Night is offered on Friday and Saturday nights at Bitter Lake and Meadowbrook Community Centers. Late Night is for teens ages 13-19 years old!

**Fees: Free!**

#### Bitter Lake Community Center

1st Friday – Roller-skating

1st Saturday – Talent Show

2nd Friday – 3-on-3 Tournament

2nd Saturday – Cooking Project

3rd Friday – BBQ & a Movie

3rd Saturday – Video Games

4th Friday – Teen Swim at Madison Pool (8:30 – 9:30 p.m.)

4th Saturday – Dodgeball Tourney

**Location: Annex at Broadview Thomson Elementary School**

#### Meadowbrook Teen Life Center

Friday Nights – Middle School Only

1st Friday – Music Studio

2nd Friday – Culinary Arts

3rd Friday – Teen Swim at Meadowbrook Pool (Middle/High School)

4th Friday – Pizza & a Movie

Saturday Nights – High School Only

1st Saturday – Culinary Arts

2nd Saturday – Pizza & a Movie

3rd Saturday – Pool Saturday

4th Saturday – Special Event/Field Trip

**Location: 10750 30 Ave NE**

### Teen Flashlight Egg Hunt

Search for candy and prizes under the stars! This Spring Bitter Lake tradition is so much fun! Don't be late and don't forget your flashlight! No registration required – just show up!

**Age: 12 to 17**

**Fri, Apr 14**

**7:30 – 9 p.m.**

**Fees: Free**

## Teens

### Youth Appreciation Week

#### Halo 2 Tournament

Are you a gamer? Well grab your controller and come down to Bitter Lake CC over spring break and help us celebrate Youth Appreciation Week. Due to the mature rating of the game, all participants under the age of 18 must have a signed permission slip to play or watch. Snack provided to all participants and prizes will be awarded to the top finishers in the individual and team divisions.

Thu, Apr 13

Noon – 5 p.m.

Fees: Free

#### 3 on 3 Tourney and 3 Point Contest

Come test your B-ball skills! Prizes will be awarded to top teams in each division and the 3 point contest winners! Enter the tournament in teams of three or four players. Single players, not on a team, may enter the 3 point contest. No guarantees for teams that do not pre-register. Register your team by April 1st with the Teen Development Leader.

April 10th

11:00 a.m. until 5 p.m.

Fee: Free

Divisions: High School Male; High School Female; Middle School Male; Middle School Female

#### 2006 Youth Education & Job Fair

Meet prospective employers for summer work! Come dressed in business attire, bring a current resume and be prepared to interview.

Age: 16– 20 only

April 14th 10a.m. – 2 p.m.

Location: Rainier Community Center, 4600 38th Ave. S, Seattle, WA 98118

Transportaion Provided. Limited to 10 participants.

Register with the Teen Development Leader

#### All City Community BBQ

Need we say more? Great food, friends, and activities for teens at Magnuson Park.

April 11

1 – 5 p.m

Free

### Teen Environmental Action Team

Need extra service hours or just like to make the world a better place to live in? Come and help with Bitter Lake's Shoreline Improvement project. The work parties will be every 4th Saturday starting April 22. Donuts and juice provided each morning. Additional projects can be added with interest.

Fourth Saturday of the month 9:30 a.m. – Noon

Spring Dates: April 22, May 27, June 24

Fees: Free

### Teen Gourmet

Learn how to prepare your own delicious meals! Join the Chef Rosangel Seppala as you explore the wonderful world of gourmet cooking. At the end of the night all your work pays off as you feast on your creations. Each week you will decide what the group will cook next week. BON APPETITE! Scholarships Available See TDL if interested.

Age: 10 and up

Mondays

5 – 7 p.m.

May 15 – Jun 5

Fees: \$30

Minimum 10 participants

### Documentary Matinée Discussion Group

Are you interested in nonfiction films having a theme or viewpoint but drawing its material from actual events and using editing and sound to enhance its theme? Or do you care about certain issues and would like to share your viewpoints through documentaries?

Come by the Bitter Lake teen room, watch and discuss the movie, and eat popcorn the whole time. The Group will vote on which documentaries they want to see and what issues they want to address.

1st & 3rd Thursdays

3 – 6 p.m. (longer if needed)

May 4 – Jun 15

Fees: Free!



## Teens

### Teen Open Gym

Come down to Bitter Lake and shoot some hoops and play dodge ball.

**Mondays** 2:30 – 5 p.m.

**Tuesdays** 2:30 – 5 p.m.

(Half gym for Dodge Ball)

**Wednesdays** 2:30 – 5 p.m.

**Thursdays** 3:30 – 5 p.m.

(Half gym for Dodge Ball)

**Fridays** 2:30 – 5 p.m.

**Age: 13 to 18**

**Fees: Free!**

**Location: Gym**

### Teen Room Gamers

Come down to the Bitter Lake Teen room and show off your talent for ping-pong, darts, pool, and foosball. Each game will have two tournament days and a championship for the best of the best. Prizes awarded for the winners of the championship games. You must be present both tournament days to be eligible for the championship.

Pool – April 11 & May 9

Darts – May 16

FoosBall – April 25 & May 23

PingPong – May 2 & June 6

Championship – June 13 (Pizza Party for all Gamers following the championship)

**Fees: Free**

### Volunteer Group

If you need service hours or you just want to volunteer at the community center then join the volunteer group on the 2nd & 4th Thursdays of the month. You can sign up for regular weekly service hours and also help design a service project.

**2nd & 4th Thursdays 3:30 – 9 p.m. Apr 27 – Jun 22**

**Fees: Free**

### Global Music Concert Series

Pull those ear phones out for a few hours and experience some live music. On the 3rd Friday of every month we will take a field trip to a music event featuring three different musical cultures from around the world. (Locations to Come)

April 21, May 19, June 16

Limit of 11 Participants

Sign up with the TDL

**Age: 13 and up**

**Fridays**

**6 – 10 p.m.**

**Fees: \$5 per show for tickets**



## Adults

### Massage Classes

Have you always wanted to learn more about massage? Here's your chance!

**Location:** Family Center

#### Introduction to Massage

Learn the basics in this great introduction to massage. Class meets two sessions.

#6120 Sat 10 a.m. – Noon Apr 15 – Apr 22

Fees: \$50

#### Aromatherapy & Massage

Learn how scents effect us every day and how we can use this to our advantage. This class will teach you how to use essential oils, blend them, and more.

#6123 Sat, Jun 3 10 a.m. – Noon

Fees: \$25

#### Massage for Couples

Become closer with the power of touch.

#6121 Sat, Apr 29 10 a.m. – Noon

Fees: \$25 per person

#### Infant Massage

Learn how to massage your infant for general wellness and for specific medical conditions. Class meets two sessions.

#6124 Sat 10 a.m. – Noon May 13 – May 20

Fees: \$50

### Jazz/Hip Hop Dance Fusion

An adult jazz and hip hop dance class for beginners. A way to build your body awareness, flexibility, strength and endurance. A chance to move, jive and learn new dance skills in a positive community!

**Instructor:** Devon Little

Saturdays 11 a.m. – Noon Apr 15 – Jun 3

Fees: \$55

### Complete Workouts in the Morning

Get the kids off to school and meet us for a morning workout. These classes are always different so you'll stay challenged and motivated. Your instructor blends a variety of movements to provide cardiovascular exercise as well as strength training.

**Fees: \$70 per session**

#### Session 1

#6125 T/Th 8:30– 9:30 a.m. Apr 11 – May 18

#### Session 2

#6126 T/Th 8:30 – 9:30 a.m. May 23 – Jun 29

### Triathlon Readiness

This class is for adults who have never participated in a triathlon and for those who have and want to get better and faster! Classes integrate core, strength and cardio workouts. At the end of each four week session, you'll also better understand what's involved with competing in a triathlon, including appropriate gear, training schedules, etc.

**Fees: \$40 per session**

**Location:** Gym

#### Session 1

#7171 Fri 9:30 – 10:30 a.m. Apr 14 – May 5

#### Session 2

#6058 Fri 9:30 – 10:30 a.m. May 12 – Jun 2

### Jazzercise

The world's largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. Each class is one hour long and includes: warm-up, aerobics, toning, strengthening, and cool down. This is a paid advertisement. This class is not operated by the Bitter Lake Advisory Council.

**Instructor:** Kathy Batson and Sandy Ziegler

**Fees: \$7 \$30 for 5 classes (new student special) \*monthly passes available\***

MWF 9:30 – 10:30 a.m.

Tue/Thu 6:30 – 7:30 p.m.

Saturdays 9 – 10 a.m.

## Adults

### Yoga

Would you like to learn the basics of yoga? Are you looking to take some time away from your busy life? Sign up for Adult Yoga. Not only will you be able to relax and learn something new, but you will also get into great shape in the process!

**Location: Multi-Purpose Room**

#### Wednesdays

#6127 Wed 5:30 – 6:30 p.m. Apr 12 – May 31

Fees: \$50

#### Saturdays

#6128 Sat 10 – 11 a.m. Apr 15 – Jun 17

Fees: \$60

### Improv Theatre and Movement for Adults

An exploration of ourselves and community through movement and theatre improvisation!

Have a Blast and learn while doing it - a fun and relaxed enterprise - for adults - NO experience necessary – come as you are. Participant ideas are most welcome.

**Instructor: Devon Little**

#6055 Sat 12:15 – 1:15 p.m. Apr 15 – Jun 17

Fees: \$60

### Writing from the Heart

Have you ever longed to write a fictional story or a story of your own experience, but you don't know how to start? Writing from the Heart will help you jumpstart your creativity and take the first step toward making your dream come true.

#6144 Mon 7 – 9 p.m. Apr 10 – Jun 15

Fees: \$70

### Relevance Film Series

Watch eight outstanding documentaries about real feelings, needs and perspectives within seemingly irresolvable conflicts. Learn from real people facing social and personal conflict with compassion, honesty and a sense of justice.

The schedule: look up “Relevance” on Craig’s List under Events, or call Bitter Lake Community Cen-

ter at 206 684-7524

**Wednesdays 7 – 9 p.m. Apr 12 – May 31**

**Fees: Free**

### Cooking Classes

#### Mexican Cooking!

Join your instructor, Rosangela Seppala. This class meets for two sessions.

**Instructor: Rosangela Seppala**

#6133 Thu 6 – 8 p.m. Apr 13 – Apr 20

Fees: \$40

#### Main Course Salads

Rosangela Seppala teaches you how to make wonderful food. Wow your friends! This class meets for two sessions.

#6136 Thu 6 – 8 p.m. Apr 27 – May 4

Fees: \$40

#### Scrumptious Brunches

Learn how to prepare brunch dishes that will impress your friends. This class meets for two sessions.

#6140 Thu 6 – 8 p.m. Jun 1 – Jun 8

Fees: \$40

#### North Indian Cooking

Learn to cook healthy vegetarian ethnic Indian dishes. Share your instructor’s knowledge of family cooking secrets passed down from generation to generation in her homeland, India. This class meets for four weeks.

**Instructor: S. Pyari**

#6141 Mon 6:30 – 8:30 p.m. Jun 5 – Jun 26

Fees: \$50

#### Cooking with Your Teen

This class meets for two sessions.

**Instructor: Rosangela Seppala**

#6139 Thu 6 – 8 p.m. May 11 – May 18

Fees: \$80 per pair

## Adults

### English as a Second Language

This is a conversational class designed to help beginning and intermediate ESL (English as a Second Language) learners adapt to their new culture while improving their English skills at the same time. This program is offered in partnership with The Literacy Council of Seattle and North Seattle Community College.

**Mon – Fri 9:30 – 11:30 a.m.**

**Mon – Fri 1 – 2:30 p.m.**

**Fees: Free!**



### Men's Basketball League

Hoop it up! Guys, get your team together and play! Call 684-7524 for more information.

**Age: 18 years and up**

**#5693 Tues Apr 18 – Jun 20 6 – 9 p.m.**

**Fees: Approximately \$585 per team**

**Location: Annex**

### Softball- Adult Co-Recreational League

**Location: Outdoor Space**

**#6899 Sun Apr 16 – Jun 25 9 a.m. – 5 p.m.**

**Activity Fee: Approximately \$695.00**

### Adult Drop-In Sports!

Adults, here's your chance to drop in, have some fun and get in shape, too! Please pay your \$2 drop-in fee at the front counter before entering the gym. Schedule subject to change.

#### Basketball

**Mondays 7 – 9 p.m.**

**Fridays 7 – 9 p.m.**

**Saturdays 12 – 3 p.m.**

**Fees: \$2 per person**

#### Dodgeball

**Wednesdays 7 – 9 p.m.**

**Fees: \$2 per person**

#### Pickleball

**Mondays 5 – 7 p.m.**

**Thursdays 5 – 7 p.m.**

**Fees: \$2 per person**

### Karate-Butokukan

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

**Instructor: Roy Hoard**

#### Beginners

**Age: Ages 7 and up**

**#7186 Mon/Wed 7 – 8 p.m. Apr 10 – Jun 14**

**Fees: \$65**

#### Advanced

**Age: Ages 7 and up**

**#7187 Mon/Wed 7:30 – 9 p.m. Apr 10 – Jun 14**

**Fees: \$65**

#### Advanced

**Age: Ages 16 and up**

**Saturdays Noon – 2 p.m. Apr 15 – Jun 17**

**Fees: \$40**



## Adults

### Hapkido

Hapkido is a Korean martial art. Hap translates as harmony, Ki is intrinsic energy, and Do means "way". It is an integrated art of kicking, striking, patterns (series of arranged moves), and throws. Weapons included. Hapkido is an excellent art for self-defense while focused on physical and mental health while being in harmony with one's environment. Tenets, such as courtesy, patience, and right behavior, are practiced by the students and instructors.



#### Ages 7 and older

#7185 MTTh 4:30 – 6 p.m. Apr 10 – Jun 15

Fees: \$105

TTh 6 – 7:30 p.m. Apr 10 – Jun 15

Fees: \$80

### Kendo

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at first class.

#### Age: Adult

#7188 Thu 7:40 – 9 p.m. Apr 13 – Jun 15

Fees: \$60

## Senior Adults

### Senior Dance

Step out to the sound of our band, the Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes - and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

Thursdays 1 – 3 p.m.

Fees: \$3.50 at the door



## Senior Adults

### Northwest Senior Adult Registration Information: Classes/Special Events

**Northwest Sector Recreation Specialist**  
**206-233-7138**

**Spring Quarter Dates:** April 3 — June 16

**No classes:** Monday, May 29, Memorial Day

**Make-ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

**Class Registrations:** Begin **September 20**. Class times/dates/instructors are subject to change. Events with phone-in only registration are marked accordingly.

**Please make checks payable to**  
**Senior Adult Advisory Council ("SAAC")**

**Mail payments to:** Senior Adult  
Programs, Attn: Northwest Sector,  
8061 Densmore Ave N, Seattle, WA  
98103-4436.

### Body Conditioning \$25 – 1 day/wk

All fitness levels. Use dynabands/free weights/balls to gain strength and greater flexibility. Look and feel better.

**Instructor:** Lisa Haynes

**Tuesdays 10:50 – 11:50 a.m. Bitter Lake CC**

### Enhance Fitness \$20 – 1 day/wk

A highly adaptable exercise program offering classes that are challenging enough for active older adult and other classes that are safe enough for seniors needing to increase their physical fitness.

**Tuesdays Noon – 1 p.m. Bitter Lake CC**

**Thursdays 1 – 2 p.m. Bitter Lake CC**

### Senior Aerobics \$20 – 1 day/wk

A friendly, low impact aerobics class that will energize you. Body strengthening and stretching taught by a certified instructor.

**Instructor:** Debbie Gotchef.

**Thursdays 9 – 10 a.m.**

**Bitter Lake CC**

### Yoga \$30 – 1 day/wk

Gentle stretching to keep limber and build muscles, improve breathing, and balance. All skill/fitness levels.

**Instructor:** Paul Federowicz

**Thursdays 10:15 – 11:15 a.m.**

**Bitter Lake CC**

### Pickleball \$2 drop-in (65+ \$1)

Learn this fun game — a cross between tennis and Ping-Pong — that is played indoors. All equipment provided!

**Tuesdays 10:30 a.m. – 12:30 p.m.**

**Bitter Lake CC**

**Fridays 12:30 – 2:30 p.m.**

**Bitter Lake CC**

### Broadview Library

**Free**

Meets the third Wednesday of each month at 2 p.m.

**Location:** Broadview Library, 12755 Greenwood Ave N.

**4/19:** *Devil in the White City* by Eric Larsen

**5/16:** *The Sisters* by Mary Lovell

**6/21:** *Travels with Charlie* by John Steinbeck

*For more information on these and other Senior Adult programs, please call 206-684-4951 and request a copy of our latest brochure.*

### **Bridge — Sharpen Your Defensive Skills \$30**

Learn standard leads for no trump and suit contracts, how to listen to the bidding to select a lead, and how to reply to a lead your partner has made!

**Instructor: Marilyn Shelton**

**Mondays 10:30 a.m. – 12:30 p.m. Bitter Lake CC**

### **Open Bridge Free (bring donations for coffee)**

Party bridge managed by Leo. If you have questions, please call 206-364-4604.

**Thursdays 1:30 – 4:30 p.m. Bitter Lake CC**

### **The Needlers Free (Drop-in)**

Join this group of needle-working seniors and work on a project of your own. It's a time to talk and share each other's company.

**This group meets every second and fourth Tuesday of the month.**

**Tuesdays Noon – 3 p.m. Bitter Lake CC**



### **Cooking \$12/class**

Join Roseangela in the kitchen to create wonderful recipes that you won't forget. The best part, you get to enjoy your creations for lunch.

**Tuesdays 10 a.m. – Noon Bitter Lake CC**

### **Apr 25: Mother's Day Brunch**

Learn how to make an elegant, easy, and delicious brunch for Mother's Day or any occasion.

### **May 16: Spring Salads**

Add some pizzazz to your spring salads. Create spring salads using a variety of greens and grains!

### **May 30: Tarts!**

Not as hard as you think! Rosangela will show you how to make sweet and savory tarts to make your mouth water.

## Special Events

Please register for all special events at least one week prior to the event so we can have appropriate seating available.

### **Estate Planning Free**

This fast-paced workshop will include valuable information on a variety of subjects critical to the estate planning and preservation process, including joint tenancy, wills, revocable family trusts, estate taxes and their impact on the planning process, choosing an IRA beneficiary, long-term care and its financial impact, minimizing social security taxation, understanding Medicare Part D prescription coverage, and much more.

**Fri, Apr 7 1:30 – 3 p.m. Bitter Lake CC**

### **Beach Blanket Bingo Party! \$6**

Carol & Jayla are getting together to bring you the coolest party. Enjoy a great barbeque, horseshoes, bocce ball, and Beach Blanket Bingo. You may win fabulous prizes, and get a start on your summer tan. To register call Jayla at 206-386-9106 beginning March 20.

**Wed, Jun 14 11 a.m. – 1 p.m. Golden Gardens Bathhouse**



## Senior Adult Field Trips

### Tulips & Quilts \$10

We will tip-toe through the tulips in Mt. Vernon before heading over to Anacortes for their quilt walk. Lunch on your own in Anacortes. Bring \$4 admission with you for tulips fields. *Northbound*.

Wed, Apr 5 9 a.m. – 3:30 p.m. Reg. Mar 21.

### Hulda Klager Lilac Festival \$40

Carol & Jayla unite to bring you this great trip. We are off to Woodland, Washington to visit the Hilda Klager Lilac Gardens and the Cedar Creek Grist Mill. At the Lilac Garden we will take time to stroll around, look at the gift shop, and museum. Bring your sack lunch and enjoy a picnic on the grounds. After, we are hopping over to the Grist Mill where we will get a demonstration on how this 1876 water-powered mill grounds flour. **Bring a \$2 donation for the Lilac Garden and a \$1 donation for the Grist Mill. Snacks provided for the bus rides up and back. Pick Up at Bitter Lake 7:45 a.m., Lower Woodland 8:15 a.m.**

Wed, Apr 19 7:45 a.m. – 6 p.m. Reg. Mar 29



### Rhody Ridge Arboretum \$6

Join us as we have a tour of this 11-acre botanical park. At this time of year the rhodies should be in bloom. After, we will head to Woodinville for lunch and a quick stop at Molbak's. *Northbound*.

Wed, Apr 26 10 a.m. – 3 p.m. Reg. Apr 11

### Seattle Repertory Theater: Tuesdays with Morrie \$20

Mitch Albom reconnects with his past college professor and mentor Morrie Schwartz. Have lunch (on your own) at Seattle Center or another restaurant close to the theater. Show starts at 2 p.m. *Southbound*.

Wed, May 31 11:45 a.m. – 5 p.m. Reg. Mar 28

### Trip Registration Information

Trip Registration: Call (206) 233-7138 at 8 a.m. on the dates listed under each trip. You may sign up yourself and one other person. When you call, leave your name, phone number, name of trip and pick-up site. You'll be called back ONLY if on the wait list.

Payment must be received five working days prior to trip or be subject to cancellation. **All Checks should be mailed to: SAAC, Senior Programs, Attn: NW Sector, 8061 Densmore Avenue N, Seattle, WA 98103**

#### PICK-UP SITES:

(Please park your car on the road)

Ballard CC 6020 28 Avenue NW

Bitter Lake CC 13035 Linden Avenue N.

Loyal Heights 2101 NW 77

South Bound Trips: Bitter Lake leave 30 minutes, Loyal Heights 15 minutes early. Bitter Lake time listed.

North Bound Trips: Ballard leaves 30 minutes early, Loyal Heights leaves 15 minutes early. Bitter Lake time listed.

**Vans will only wait for 5 minutes for late people.** Registrations begin promptly at 8:00 a.m. Please don't call any earlier. Please do not wear any fragrances as a courtesy to those who have chemical sensitivities.

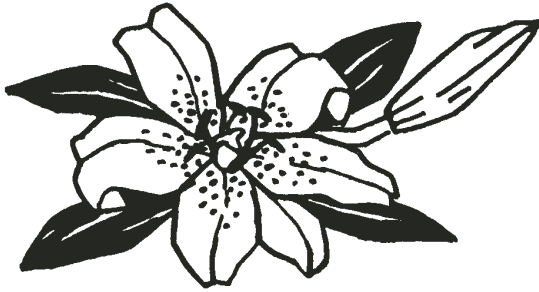


## Senior Adult Field Trips

### Carkeek Low Tide Beach Walk \$3

Join a Carkeek Naturalist for an eye opening experience. Learn about the creatures that you can only see on these very low tides. Bring a sack lunch to enjoy before hand. *Northbound*.

Mon, May 15 11:30 a.m. – 3 p.m. Reg. May 2



### Bloedel Reserve \$20

We are taking the ferry over to Bainbridge Island to see the 150-acre estate left by the Bloedel Donovan family. Stroll through woodlands and gardens. Enjoy the reflection pond and the moss and Zen gardens. We will stop for lunch in downtown Bainbridge, on your own. *Southbound*.

Wed, May 17 9 a.m. – 4 p.m. Reg. Apr 28

### Central West Newest Park Gems \$6

Catherine Anstett is back to take us on another enlightening tour of some of our parks system's hidden treasures. This time we will be focusing on the Central West sector. Bring a sack lunch. *Southbound*.

Wed, May 24 10 a.m. – 3 p.m. Reg. May 8

Enjoy forests, streams, and more. Walk at your own pace for up to 1½ hours. "Walks" are on flat, mostly level terrain; "hikes" are a little more challenging with slopes. To register, call March 30 at 8 a.m. Wear all-terrain shoes. Bring a sack lunch.

Van pick-up: Ballard CC

### Farrel-McWhirter Park Walk (level to gentle grades)

Trail is 2 miles on paved and natural surfaces.

Wed, Apr 12 10 a.m. – 3 p.m.

### Federation Forest Trail Hike

A hike through the forest.

Wed, May 10 10 a.m. – 3 p.m.

### Little Si Hike (gentle to steep at times)

Located by North Bend.

Wed, Jun 7 10 a.m. – 3 p.m.

### Volunteer Opportunities

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treat. Name the park with which you'd like to assist. Van pick-up from Ballard Community Center. Please register after 8 a.m. March 29.

### Tue, Apr 18: Carkeek Park Earth Day Party! 10 a.m. – 2:30 p.m.

For this special day we will be providing you lunch. There will also be chances to win prizes.

### Tue, Mar 14: Atlantic Street Nursery Tue, Jun 13: Atlantic Street Nursery

### Trip Registration Information

**Trip Registrations are *phone-in only*** beginning at **8 a.m.** on the **date listed** under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll **ONLY** be called back if on the Wait List.

**Please make checks payable to SAAC. Mail payments to:** Senior Adult Programs, Attn: Northwest Sector, 8061 Densmore Ave N, Seattle, WA 98103-4436. **Trip payments must be received at least 5 working days prior to trip.**

**Van Pick-up available** from Bitter Lake CC, S-bound: 30 min. before trip time. N-bound: time listed. Please park your car on the upper road. **Vans will only wait 5 minutes for late people.**

**Please do not wear fragrances as a courtesy to those who have chemical sensitivities.**

# Phone Numbers

## Community Centers

Alki .....	684-7430
Ballard .....	684-4093
<b>Bitter Lake .....</b>	<b>684-7524</b>
Delridge .....	684-7423
Discovery Park .....	386-4236
Garfield .....	684-4788
Green Lake .....	684-0780
Hiawatha .....	684-7441
Highpoint .....	684-7422
Jefferson .....	684-7481
Langston Hughes Performing Arts Center .....	684-4757
Laurelhurst .....	684-7529
Loyal Heights .....	684-4052
Magnolia .....	386-4235
Meadowbrook .....	684-7522
Miller .....	684-4753
Montlake .....	684-4736
Queen Anne .....	386-4240
Rainier .....	386-1919
Rainier Beach .....	386-1925
Ravenna-Eckstein .....	684-7534
Sand Point .....	684-4946
South Park .....	684-7451
Southwest .....	684-7438
Van Asselt .....	386-1921
Yesler .....	386-1245

## Swimming Pools

Ballard .....	684-4094
Evans .....	684-4961
<b>Madison .....</b>	<b>684-4979</b>
Meadowbrook .....	684-4989
Medgar Evers .....	684-4766
Queen Anne .....	386-4282
Rainier Beach .....	386-1944
Southwest .....	684-7440
Colman (Summer only) .....	684-7494
Mounger (Summer only) .....	684-4708

## Libraries

Ballard Library .....	684-4089
Beacon Hill Library .....	684-4711
Bookmobile/Mobile Services .....	684-4713
<b>Broadview Library .....</b>	<b>684-7519</b>
Capitol Hill Library .....	684-4715
Central Library .....	386-4636
Columbia Library .....	386-1908
Delridge Library .....	733-9125
Douglass-Truth Library .....	684-4704
Fremont Library .....	684-4084
Green Lake Library .....	684-7547
Greenwood Library .....	684-4086
High Point Library .....	684-7454
Lake City Library .....	684-7518
Madrona Sally Goldmark Library .....	684-4705
Magnolia Library .....	386-4225
Montlake Library .....	684-4720
NewHolly Library .....	386-1905
North East Library .....	684-7539
Northgate Temporary Service Site .....	386-1980
Queen Anne Library .....	386-4227
Rainier Beach Library .....	386-1906
Southwest Library .....	684-7455
University Library .....	684-4063
Wallingford Library .....	684-4088
West Seattle Library .....	684-7444

## Neighborhood Service Centers (DON)

Ballard NSC .....	684-4060
Capitol Hill .....	684-4574
Central NSC .....	684-4767
Delridge NSC .....	684-7416
Downtown NSC .....	233-8560
Fremont NSC .....	684-4054
Greater Duwamish NSC .....	233-2044
Greenwood NSC .....	684-4096
Lake City NSC .....	684-7526
Queen Anne/Magnolia NSC .....	684-4812
Southeast NSC .....	386-1931
University NSC .....	684-7542
West Seattle NSC .....	684-7495

**You can make a difference!**

The Bitter Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Bitter Lake's Advisory Council is always looking for new members. Meetings are held on the fourth Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Bitter Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

**E-Brochures are available!**

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

**Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

**Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

**Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

**Accommodation for people with disabilities**

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

**Rentals**

All rooms at the Center, including the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, or potluck event with us. For more information, please call 206-684-7524.

**More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

**Fees and charges**

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

**Scholarships**

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

**Waiting lists**

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

**Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

**Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.